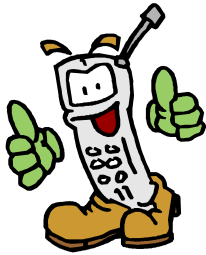


I.C.E.

Simply put, **I.C.E.** stands for **In Case of Emergency**, and it's a great way to help emergency responders notify those you love and trust when you are not able to do so yourself!

Did you know that in 2003 *almost a million emergency room patients could not provide contact information because they were incapacitated?* We don't want you to be one of those! We want your loved ones to know where you are when you need them the most!



Here are some simple steps to ensure that when you need someone notified, emergency response personnel can help you:

1. Establish a short list – maybe two or three – of people that you would like notified in the event of an emergency where you cannot notify them yourself. They should probably be people with whom you would not normally travel.
2. With your cell phone, make a new entry that begins with ICE and then the first name of the person. Here's an example: Let's suppose you have a child not living with you by the name of Matt. Follow the directions for your cell phone and add an entry for "ICE Matt" or "ICE-Matt".

Enter the phone number including the area code for Matt and save the number. Now, Matt may not be home or available when EMS personnel try calling, so enter a second number for another trusted individual or family member like your adult granddaughter, Savannah! You would again follow the directions for your cell phone and enter the name "ICE Savannah" or "ICE-Savannah". It's that simple! We at **Mesquite Fire & Rescue** suggest that you have at least three people listed under **ICE**.

3. Next, let these individuals know that you've **ICE'd** their names in your cell phone and explain to them that they will be the ones contacted by emergency response personnel.

WHAT WILL EMS PERSONNEL SAY WHEN THEY CALL???

EMS personnel are required to keep confidential everything relating to your illness or injury. They can, however, give out the location (hospital, etc.) that they are transporting you to and the estimated time of your arrival. They will tell those individuals that their number was listed under **ICE** in your cell phone, and they are making the phone call in your behalf. When people ask why you are being transported, EMS personnel will simply say that the information is confidential, and they are responding to your **ICE** request.

WILL EMS PERSONNEL USE MY CELL PHONE??

Yes! They will first search your saved numbers for any **ICE** number(s) that may be listed. They will use your cell phone to make the initial call(s). Why your phone? Because chances are that the person being called will recognize your phone number which helps authenticate the call from emergency response personnel.

***ICE**ing your cell phone costs you nothing other than the minutes used by emergency response personnel to make the notification.*

MAY WE ALSO SUGGEST THE FOLLOWING:

1. When it's hot and you're in need of an icy cold drink, **think ICE** and update your **ICE** cell numbers.
2. When it's cold outside, and you think you're going to turn into a popsicle, **think ICE** and update your **ICE** cell numbers.
3. Make sure that your family or trusted ones are aware of this wonderful method of emergency notification, and have them **ICE** their cell phones too!

Questions?

Call **Mesquite Fire & Rescue** at
702-346-2690